

Tacos de Pescado



Fish Tacos (Makes about 2-3 servings)

1 lb. cod (or other white fish, like hake or halibut)

1 ½ cups cake flour

½ tsp ground black pepper

1 tsp salt

¾ cup beer

1 egg

Oil for deep frying

→Preheat oil in a deep fryer to 375°F.

→Cut the cod into 2 ½-inch long strips. The strips should be about 1-2 inches wide. This will make the tacos easier to serve later on.

→In a bowl, combine flour, pepper, and salt. Transfer **a little bit more than half** of this mixture to a shallow tray. You will be using this shortly to coat the battered cod.

→Add beer and egg to the remaining mixture in the bowl and whisk until smooth. The batter should have the consistency of paint.

→Add all of the cod to the beer batter. Remove one piece of cod at a time and let some of the batter drip off. Then place the battered cod in the flour mixture. Roll to coat. Remove and place on a baking sheet.

→Continue to roll the remaining battered cod in the flour mixture until all pieces are coated.

→Once the oil is heated, place 4-6 pieces of fish in the fryer. Do not try to put too many pieces in at once or it will lower the temperature of the oil and the fish will be soggy.

→Cook the fish about 3 minutes on each side (6 minutes total) or until it stops bubbling significantly. Remove and place on a paper towel-lined tray.

Spicy Mayonnaise

½ cup mayonnaise

½ chipotle in adobo, +1 tsp adobo sauce

1 TBSP milk

→Place all ingredients in blender and blend until smooth. You may have to stop several times to scrape down the sides.

To serve

Corn tortillas, warmed on a flat griddle

1 small head of cabbage (white or purple), shredded

Limes, cut into quarters for easy squeezing

Spicy mayonnaise

→To serve, spread some of the spicy mayo in the bottom of warmed corn tortilla. Add several pieces of the cooked fish. Top with a squeeze of lime juice, shredded cabbage, and additional mayo or another type of salsa.

NOTES:

- The fish does not necessarily have to be fresh. You can buy the previously frozen stuff, if necessary.
- I used a Mexican beer (Negra Modelo), but any type of beer would work in the batter.
- You can prepare the battered/floured cod in advance and place on a baking sheet. Just leave enough time to fry the fish. It took me about 20-30 minutes to fry the whole pound of fish. The fish stays hot for a decent amount of time.
- Although I used white cabbage on my tacos (because that is what was available), I think purple cabbage looks prettier.
- I also made a creamy green salsa to serve with the fish tacos. You could make something similar or you could also serve it with a fresh pico de gallo.

Recipe Source: Adapted from Serious Eats "Crunchy Fried Fish Tacos"

